

Harper Center Bulletin

HARPER CENTER
BULLETIN #231

FEBRUARY 1ST, 2014

February 2014 Newsletter

I am glad that we have arrived in February. The month of January did a number on my chocolate stash and I am running a bit low. Of course, the arrival of Valentines Day candy guarantees that I will be able to restock. Phew!

And we finally have snow! Yeah, I have heard all the muttering about the change in global temperature and after that horrendous spell of rain in January-and the 60 degree weather-what was that? Obviously not the winters we remember from days gone by! Ok, whatever!

Being February and a winter month, remember to be careful outside. There are cold winds out there whistling thru the trees and cold frequently equals ice and slippery surfaces-do be careful. We don't want anyone to fall! It's getting lighter out earlier but still watch your step in the early eve. And equally as important, dress for the weather! Wear your hats, winter coats and gloves! We have a collection of weather tips for anyone interested in them -just stop by and ask Heather to print them for you.

And while you're at it, watch out for that whacko with the arrows! Falling for someone because some naked dude with wings shot you with an arrow? Really!?

Happy Valentines Day!



Inside this issue:

AARP Tax assist	2
Karyn's Tea	2
Kira	2
Massage	3
Books!	3
Java Judy	3
Page 4 news	4

World Headquarters for the Williamstown Council on Aging are in the Harper Center at 118 Church Street.

458.8250 is the telephone, fax is 458.5156 and email to; bogrady@williamstown.net

You can also find us on the municipal website at www.williamstown.net or at www.facebook.com/williamstowncouncilonaging

Serving Town elders since 1966!

Crafty Seniors

Maggie had an idea for a Friendship Club activity and is looking for a few people who can sew and would have some idea about what can be constructed for sale at a craft fair table this summer-proceeds to help grow the club coffers to help defray the cost of club activities. There has been interest in wider activity including luncheons out there in the world but of course there is a price for everything. So there'll be a meeting of the minds and hands here at Harper on Thursday afternoons February 6th and 20th at 1:00.

Tax assistance 2014

Well here we are. Another year and a couple of different sets of government are looking for dollars to fund operations in the coming year. Taxation is a long standing topic for conversation everywhere and that could take a month of luncheon conversations to hash out and in the end what would we accomplish? Nothing.

Anyway, given the truth of taxation as an ancient and honorable means of funding all sorts of “stuff”, it’s time to settle accounts. And we’re able to offer you a bit of help in that quarter if you need it! Our friend Pim Goodbody and a posse of trained and certified AARP volunteers will be here every Saturday [9-noon] and Tuesday evening [6-9] to assist taxpayers of any age and moderate income to complete and file 2013 state and federal taxes for 2013. FREE. If you’re interested in this free service, we ask that you call us and make an appointment and that you gather all of your pertinent paperwork for 2013 plus your 2012 tax returns to bring to your session. Be prepared to spend an hour with your tax aide. So call us, appointments are required-458.8250. See you soon!

Hey, did I mention that this was a free service?



Karyn and Valentines Tea!



Well, this is a reschedule! Our first attempt at the winter tea for this year got blasted by the arctic express and a liberal dumping of snow about town. So we’ll try again. And we’ll just have to revise the plan and do a different theme-being February it’s pretty obvious that we should be celebrating Valentines Day and all that mushy stuff associated with this particular holiday. So we’ll be doing a “Valentine Tea” on Tuesday afternoon, February 18th at 1:00. We’ve officially dubbed it “Karyn’s Sweet Heart Tea”! There will be the usual selection of great tea and some delicious finger foods to go along with the beverage. Join us! The sign up sheet is in the usual spot in the big hall!

Kira



Our good friend Kira from Amedisys Health Care will be in the house on Thursday afternoon, February 27th to talk with us about nutrition and exercise in cold weather. What an appropriate topic! She will be bringing the physical therapist at Amedisys with her to demonstrate some special exercises and tips on how to stay fit and healthy in cold weather.

Yup, it’s cold and when the weather crashes we have a tendency to stay in and out of the cold. For those of us who are active outside when the weather is warmer there may be a decline in physical activity during cold days as a result. So who among us walks or jogs in place in front of the tube during these cold days? Alright then, moving on, we’ll definitely have some warm snacks to fit the cold weather theme! So join Kira, Amedisys and us for an informative afternoon!

Geriatric Massage

We're in for a special treat on Tuesday February 4th. Our new friend Christina Lenfast from Sweetbrook will be here at the Harper Center with a coworker from the rehab department to talk with us about an interesting topic; geriatric massage.

I think that most of us don't care what they call it right? Massage, laying on the hands, a rubdown, whatever you want to call it, they feel good and are relaxing right? Anyway, geriatric massage is something different. It's described as gentle and light application of massage techniques which may include the passive stretching of muscles. It is specifically designed to try and foster increased flexibility, circulation, can be helpful in combating depression and may help to improve immune system function. Oh, and it can also potentially encourage overall well being. That is a lot of bennies peeps! So we'll be talking about the benefits and uses of massage as a therapeutic tool. And yes, they will do some light massage demonstrations. I knew that you were going to ask! The conversation will begin at 12:30 and will be preceded by pizza at noon...we haven't done that yet this year have we? Let us know if you're coming!



Books!

Our book discussion group meets on the first Friday of the month at 10:00 at the Milne Library. New members are welcome and the book for the month can be had from the library on loan the month preceding from the circulation desk at the library.

The books for the next couple of months are; "Hotel on the Corner of Bitter and Sweet" by Jamie Ford. The April selection is "Painted Veil" by Somerset Maugham, followed by "Tinkers" by Paul Harding in May and "This is How You Lose Her" by Junot Diaz. We'll catch you up on the second half of the year selections in June. In the meanwhile, Peter Mehlin is the leader for the group, feel free to contact him with questions; 458.1388. You can also ask here at Harper and we'll forward your queries along.



Judy and Java!

Ms. Java will be here at 8:30 on Wednesday morning February 19th to talk with us about the Medicare guidelines for long term care and admissions requirements for residency in a nursing home. She'll be bringing her colleague Donna Witherell with her. Donna is the Business Office Manager at Williamstown Commons and has been working with and answering questions about Long Term Care stuff since 1991 so she knows the business thoroughly. We all know folks who may need this information sooner rather than later and actually it would be good to meet the person who knows the answers to all the important funding questions.

The breakfast menu for this particular session will be scones with coffee and tea and juice. I really like scones...!



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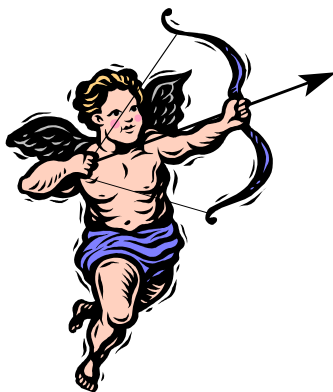
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Municipal website at
www.williamstown.net



A few notes of interest for February;

First the BIG news.

On February 27, the Ballet Trockadero de Monte Carlo will be performing on the Mainstage at the '62 Center at Williams. At 11:00 that morning, Paul Ghiselin, a member of the troupe –actually he's the ballet master–will be conducting a workshop for seniors. It's an opportunity to actually warm up with a professional troupe– and participate in a company class typical of an actual working dancer. They've been teaching this class for quite awhile and would love to share it with us. A great opportunity folks! You can show up at the '62 on the morning of the session, and you can call Willa Simon at 597.2599 for information. This is guaranteed to be a very entertaining and educational experience and we encourage you to participate!

Local music ambassadors the Aladdin's will be here to perform their list of timeless tunes and lead a sing along or two. They'll be starting at 12:30– an unusual time so mark your calendars.

The Friendship Club meets twice in February–the regular meeting on the 11th and for bingo on the 26th. Bingo is really on an off month–so it will now follow in April, June, August, etc.

Page four news and notes...

Our foot caretaker, Serena Merrill, will be in the house on Tuesday February 18 to work on your feet, clipping nails, reducing calluses and massaging the soreness out. She has openings for anyone who is interested– and wonder of wonders she actually has a couple openings at this moment ...Hint; this may very well fill up so get moving!

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday February 19th at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.

The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday February 11th at noon immediately preceding the Friendship Club meeting. "Our" nurse, Christina, may very well bring those warm, sweet, raspberry filled cookies as treats for those who get their BP checked! Anyway, these are important numbers to know, cookie or not, so mark this date.

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday February 28th. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot of food needing to be kept cold!